

Carlisle Connection

March 2014

Serving
Carlisle's 60+
Community



COA Official Town website: www.carlislema.gov
Friends of COA: www.carlisle.org/foccoa

66 Westford Street Carlisle, MA 01741

Message from the Director - Greetings everyone! Have you checked out the Massachusetts Healthy Aging report from UMass and the Tufts Health Plan?

If you're interested in looking at it first hand go to: <http://mahealthyagingcollaborative.org/data-report/explore-the-profiles/>. If you register at the website you can view community data on a variety of health indicators on Carlisle and other cities and towns. It also compares Massachusetts and national health information. For example, 13% of the nation is age 65 or older, while in Mass the rate is about 14%. Here's the link for Carlisle: <http://mahealthyagingcollaborative.org/wp-content/files/2014/01/towncode051.pdf>. In the statewide summary in a table listing *Communities with Strengths in Healthy Aging* Carlisle came out on top with 24 indicators better than the state average. Warm Regards, David Klein, COA Director

Inside this Issue

Transportation..... page 2
Meals page 3
Outreach Services... page 4
Library Events page 4
Exercise..... page 5
Calendar of Events.. page 6

Daylight Savings

Spring your clocks forward on Sunday, March 9th.



St. Patrick's Day Lunch Saturday, March 15

There is nothing like "when Irish eyes are smiling" to warm the heart and make one forget about the cold!

The Parent group for the Class of 2014 will host a luncheon for the Seniors of Concord and Carlisle. Lunch will be a traditional boiled dinner of corn beef and cabbage, potato, carrot, coffee, tea, Irish soda bread and a plate of sweets family style for each table. Lunch served at 12noon.

For entertainment: a performance by a troupe of Irish Step Dancers. Please call (978) 371-2895 to register by March 10. The doors will open at 11:30am and lunch served at 12:00noon. COA transportation is available. Call (978) 371-6690 to reserve your place on the van by March 10 as space is limited to 13 seats on the van.

Dress Rehearsal Performance

Fame Jr

Tuesday, March 11, 3:00pm

The directors and producers of the Carlisle 7th grade play invite Carlisle seniors to attend a private dress rehearsal. **Fame Jr** is a story set during the last years of New York City's celebrated High School for the Performing Arts on 46th Street in 1980-1984, before its merger with LaGuardia High School, Fame Jr is the bittersweet but ultimately inspiring story of a diverse group of students who commit to four years of grueling artistic and academic work. Refreshments will be served during intermission and the audience can meet the cast and crew of the production. No tickets are needed. Just come to the Carlisle Elementary School auditorium in time for the show. Call (978) 371-2895 to register by March 6 so they may prepare the refreshments.

CARLISLE COA OFFICE HOURS

Monday 9am - 5pm
Tues - Thu 9am - 3pm
Friday 9am - 1pm

(978) 371-2895 Office
(978) 371-6690 Van line
(978) 371-6693 Director

COA Staff

Director David Klein
coadirector@carlisle.mec.edu
Outreach & Prog. Mgr. Angela Smith
asmith@carlisle.mec.edu
Transportation Coord. Debbie Farrell
coaride@carlisle.mec.edu
Admin. Assist. Marna Sorenson
coaadmin@carlisle.mec.edu
LICSW - Peter Cullinane

COA Board Officers

Board Chairman
Abha Singhal
Vice-Chair
Liz Thibeault
Treasurer
Verna Gilbert
Co-Secretary
Elizabeth Acquaviva
Liz Bishop

Board Members

Tom Dunkers Joanne Willens
Peggy Hilton Melinda Lindquist
Jean Sain Lillian DeBenedictis

Associate Members

Mary Daigle
Sandy McIlhenny
Natalie Ives
Stephanie Blunt



TRANSPORTATION

Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu



The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation.

DONATIONS/FEES*: Van rides within Carlisle and the Friday shopping trips-free; rides within 15 miles, suggested donation \$2, Van rides over 15 miles away \$5. *Parking fees are the responsibility of the rider.

Winter Weather/Snow Van Policy

If Carlisle schools are cancelled all classes and programs will be cancelled. The COA van will not run until at least 10am. If Carlisle Schools are delayed, all classes beginning before 10am will be cancelled. Call the COA for classes beginning 10am or later to see if they will be held or if you are unsure about a scheduled ride.

Local grocery /Shopping trips

Join us every Friday morning at 9:00am for the **Free** Weekly Grocery Shopping Trip to Market Basket in Westford. Call to make reservations (978) 371-6690. Van leaves VC at 9:00am.

Van pick-up for the FRS monthly lunches

Village Court pickup at 11:15 and Congregational Church at 11:30. Please call the van line to confirm attendance.

Medical appointments Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency.

NOTE: *Please keep driveways and sidewalks clean of snow/ice and sand if necessary.*



TRIPS

Theatrical Happenings

Stoneham Theater "Something's Afoot"

Wednesday, March 12

Ticket price \$30.00. Lunch on your own at Felicias. \$2 van fee. Leave VC at 10:45am, CC 11:00am return around 4:30pm.

Newport Playhouse Lunch and Play

"My Husband's Wild Desire"

Wednesday April 9

Ticket price is \$49.95 unless we get a minimum of 15 people; price will then be \$46.00. \$5.00 van fee. Leave VC at 8:45am, CC 9:00am, return between 6-7pm.

Save the Date!

Stoneham Theatre "Menopause The Musical

Wednesday, June 25

If you want to join us for these plays, register by calling Joanne Willens at (978) 371-8023. Make checks payable to Carlisle COA, due upon registration. *Correct change for van fee is greatly appreciated for all trips and rides.*

March Chuckle

"What am I supposed to do with this?" grumbled the motorist as the police clerk handed him a receipt for his traffic violation. "Keep it," the clerk advises. "When you get four of them, you get a bicycle."

Restaurant Reviews

Call Joanne Willens at (978) 371-8023 to register.

The 99 Restaurant

333 Littleton Rd, Westford

Monday, March 3

Join us for lunch at the 99 Restaurant. \$2 van fee. Leave VC at 10:50 am, CC at 11:00 am, return around 2 pm.

Zaftigs Delicatessen in Natick

Monday, April 7

Join us for a delicious lunch at Zaftigs Delicatessen in Natick. Van fee \$5.00. Leave VC at 10:00am, CC at 10:15am, return around 3:00pm. Registration required by March 31.



Hair Cuts on the Go! **March 10, Town Hall**

Suzanne Hickey and Georgia Triantafilles are coming to Town Hall to provide haircuts to the Seniors for \$10.50.

Appointment is 15 minutes. Tell a friend!

Call the COA at (978) 371-2895 for your appointment between 9:30am and 11:30am.



Save the Date!

Our annual Spring Fling will be held on Friday, June 6th from 6:00pm till 8:30pm.

FOOD COURT & Miscellaneous Activities



Monthly Coffee

Thursday, March 6, 9:00am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by Elizabeth Acquaviva and Stephanie Blunt. Come, enjoy good food and meet old and new friends.

Chelmsford Crossing/Minuteman Senior Lunch Wednesday March 5 at 12noon

Come to the FRS for a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Lunch is hosted by FRS. Menu: Corn flake chicken, mashed potatoes, gravy, vegetable, dessert. Register at (978) 371-2895 by noon on Thursday, February 27. Please provide your menu choice.

Nashoba Valley Tech Tuesday, March 11, 11:45am

Choose from meals created with great care by the culinary arts students at Nashoba Valley Tech. Call the COA by Thursday, March 6 at noon to register.

- Crab Cakes, Roast Turkey, or Vegetarian meal based on seasonal vegetables along with starch, chef's choice.

Cost: \$10 plus tip, payable at school.

Nashoba Tech Quarterly Breakfast Wednesday, March 26 9:00am

Menu: Choice of eggs, (scrambled, benedict or omelet), bacon, sausage, sautéed potatoes, French toast, pastry, juice, coffee or tea. To register, call the COA at (978) 371-2895 by Thursday, March 20. Cost: \$6.50, plus tip, payable at the door. Call the van line at (978) 371-6690 at least two days in advance if transportation is needed.

"SENIOR MOMENTS" at Ferns March 10 and 24 from 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% discount to attendees for coffee.

Men's Breakfast

Thursday, March 13 at 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by volunteer chef Andy Cutter and helpers. Suggested donations: \$3 for Men's Breakfast.



COA Lunch

Thursday, March 20, 11:45am

Join us at FRS and enjoy the company of your senior friends and neighbors. This meal is run by our wonderful team of COA Volunteers headed by Verna Gilbert. Menu: lasagna, salad, a dessert and hot/cold drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon on Monday, March 17. Shuttle available, see page 2. **Following the lunch:** Jazz to Hip Hop program. MUSIC Dance edu is a non-profit organization which uses the performing arts to engage New England residents. The talented young musicians play the trumpet, flute, clarinet, trombone, bells and drums. The presentation is upbeat, educational and energetic! This program is supported in part by a grant from the Carlisle Cultural Council, a local agency supported by the Massachusetts Cultural Council, a State Agency.



Effects of Microorganisms on Plant Growth Friday, March 7, 10:00am at Clark Farm

Come listen to some of our talented Minuteman High School Students for an informative 30 minute presentation. The students removed the microorganisms from a pot of soil using an autoclave technique, and studied the effect it had on the plants' growth. All of the students are members of the MMHS Biotechnology SkillsUSA team.

****NOTE:** COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents

Outreach with Angela

You might not be aware that depending on your gross income and your assets, you may qualify for real estate tax relief (note: for the current period income is based on information from your 2012 income tax return).

There are various options that may apply for seniors (60 and older), veterans and those who are blind. If you think you may qualify, just contact Melissa Stamp or Marianne McInerney at the Assessor's Office (978) 369-0392 and they can provide you with more details.

Another tax credit that looks at income only is the Community Preservation Surcharge which is more liberal and based on household income only. Any of the tax credits require completed applications being submitted to the Assessor's office no later than March 31, 2014.

Additionally, there is support available through the Aid to the Elderly and Disabled fund. This is for people 65 and older and/or someone disabled under tax relief clauses who have a 2013 household gross annual income of no more than \$22,980 for family of one and \$31,020 for a family of 2 and meet the asset limits. You can pick up an application at our Council on Aging office.

Community Events

Community Conversations at Gleason Public Library

No registration required. 1:30-2:30pm

Learning About the Clark Farm CSA

Andrew Rodgers, Farmer

Tuesday, March 4

With the goal of creating a community asset by bringing the iconic Clark Farm back to life, Andrew Rodgers has been working to improve the health of the soils, while using organic techniques to produce all vegetables, berries, herbs and flowers. He raises livestock on the farm using the same principles as for the vegetables. He has created an integrated farm ecosystem, and manages it on a financial model called a "CSA," where customers pay for their share of the harvest upfront, and receive dividends in shares, as the crops become available. Join us to hear Andrew talk about his first year farming this historic property, and his plans for the 2014 CSA.

Understanding and Alleviating Pain

Dr. Barron, Chiropractor

Tuesday, March 18

Ever felt like your pain just came out of nowhere? Have you been fine one day, then miserable the next, even though you didn't do anything differently? Do pain killers and traditional western medicine only provide a temporary fix? That's because *where it hurts is often not why it hurts* and why the pain frequently returns. Rather than simply treating the symptoms, this holistic approach to health detects the source of the pain. By understanding the underlying cause, you and your chiropractor help heal your body without drugs or invasive surgery. Dr. Barron will perform a trigger point massage (a brief seated hands on assessment) for the first five people who attend the conversation, immediately after his talk.



Caregiver Support Group

Hollis Room

Gleason Library

Monday, March 10, 3:30pm

Anne Marie Rowse of Senior Care Advisors, will facilitate a free Support Group for those caring for aging loved ones experiencing challenges, as well as information for family members or elders looking for health care information. For information, email amorowse@charter.net.

Shifting Gears, Tuesday, April 1, 1:00pm

Clark Room Town Hall

How to stay safe while you are driving and when we or those we care about should stop driving.

Michele Ellicks, Community Outreach Coordinator for the Massachusetts RMV will join us to speak about the resources available through the Registry. Michele Dolan and Kristen Keilty, OTs and Driving Specialists, from Emerson Hospital's *Keys to Independence Program* will also join us. The Keys to Independence program is an evidence-based driver assessment program geared toward adults who have undergone a change in health status (ie. Stroke, dementia, eye issues, etc.)



FOR YOUR HEALTH



EXERCISE CLASSES - Mind & Body

NOTE: To sign up for the following programs, call the COA office at (978) 371-2895 (minimum # required). Stop in and try a class/day for free (except yoga)!

Mondays March 3, 10, 17, 24, 31

Intergenerational Tap- 1:30-2:30 FRS Union Hall. Instructor Katrina Rotondi. Everyone 12 & older. Bring your tap shoes and join in the fun! **Fee: \$40.00 (March-May)**

Tuesdays March 4, 11, 18, 25 St Irene

Zumba-10:45-11:30am Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Mar-May)

Tai Chi- 3:00pm No registration required! An informal group of **any age**. Wear loose fitting clothing, soft soled shoes. Enjoy this **FREE** program!

Ballroom Dancing - at 2pm April 1, 8, 15, 22, 29, May 6, 13, 20, 27. Wear leather-soled shoes. Old and new attendees welcome. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. To register call (978) 371-2895.

Wednesdays March 5, 12, 19, 26 St Irene

Yoga - 9:30 - 10:30am. Beginning and continuing students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body.

Chair Yoga- 10:45-11:45am. An alternative to traditional yoga, which may be too challenging for certain individuals.

Fee for Yoga classes: \$90 for 6 wks, \$30 for Carlisle seniors. Call (978) 369-9815. *Checks payable to Carlisle Recreation Dept.*

Thursdays March 6, 13, 20, 27

Fitness Class - 9:45am Clark Room at Town Hall Great for all ability levels, may be done in a chair. Wear comfortable clothes, **Fee: \$40 (Mar - May)**

Cardio-Boost Class - 10:45am Congregational Church. A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. **Fee: \$40 (Mar-May)**

Fridays March 7, 14, 21, 28

SAMA-10:45am Clark Room at Town Hall. (Senior Approach to Martial Arts) martial arts moves to help keep joints and minds flexible while increasing balance. 50+ welcome. Taught by Sensei Tony Hanley. Fee: \$100/10wks.

Monday-Friday, Inside Walking at Carlisle School Gym 6:45-7:30am. For security reasons the gym will not be left open. To walk you **MUST** call David Flannery (978) 371-2279 any time after 4:00pm the day before and before 5:00am the day you want to walk. Gym is not open when there is no school, ice or snow.

Free Blood Pressure Clinics

Wednesday, March 5, 11:30am

FRS, Chelmsford Crossing Lunch,
sponsored by COA volunteer.

Thursday, March 6, 9am

Sleeper Room, COA Coffee, sponsored by
Life Care Center of Nashoba Valley.

Thursday, March 13, 8am

Sleeper Room, Mens Breakfast, sponsored
by Home Instead.

Thursday, March 20, 11:00am

COA monthly lunch, FRS, sponsored by
FCCOA and Emerson Home Care.

Monday, March 24, 10:00am

Ferns, Senior Moments, sponsored by
Right at Home.

Podiatry Clinic

Tuesday, March 4

Sleeper Room at Village Court



Call the COA (978) 371-2895 to make an appointment. **Cost:** \$20 (partially funded by Friends of the Carlisle COA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents." Next clinic is May 6.



Carlisle Community Book Club

Monday, March 10, 10:15am




Gleason Library Hollis Room

We will be reading "The Swerve" by Stephen Greenblatt. For information contact Mary Zoll, (978) 369-5236.

Thank you to everyone who contributed to our Annual Appeal. If you would still like to donate please send a check to the Friends of the COA, PO Box 38, Carlisle, MA 01741. Or visit us on-line at www.carlisle.org/foccoa/home_Page.html. Every penny is greatly appreciated!



MARCH 2014

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 Restaurant Review-99 Restaurant VC 10:50 am, CC 11:00am Tap-1:30-2:30pm FRS	4 Podiatry Clinic—call for an appointment Zumba-10:45am St Irene Community Conversation 1:30 Learning about the Clark Farm CSA Hollis Rm Gleason Library Tai Chi-3:00pm St Irene	5 Yoga-9:30am Chair yoga 10:45am Chelmsford Crossing BP 11:30am, lunch 12 noon FRS Art Matters-1:30pm St Irene	6 COA coffee & BP 9:00am Sleeper Rm Fitness - 9:45am Cardio - 10:45am	7 Grocery Shopping-VC 9am MMHS Clark Farm Presentation 10:00am SAMA- 10:45am	8
9 Day- lights Saving 	10 Sr. Moments 9:30 Ferns Hair cuts on the go Town Hall, call for appointment , 9:30- 11:30am Care Givers Support 3:30pm Hollis Rm Tap-1:30-2:30pm FRS Book Club-10:15am Hollis Rm	11 Poetry 10:30 Heald Rm Town Hall Zumba-10:45am St Irene Nashoba Valley Tech lunch -11:45am Tai Chi-3:00pm St Irene Fame Jr play-3:00pm Carlisle Elementary School	12 Yoga-9:30am Chair yoga 10:45am Stoneham Theater “Something’s Afoot” VC 10:45am, CC11:00am Art Matters-1:30pm St Irene	13 Men’s Breakfast & BP 8:00am Sleeper Room Fitness - 9:45am Cardio - 10:45am	14 Grocery Shopping-VC 9am SAMA - 10:45am	15 CCHS St Patty’s day lunch 11:30am 
16	17 Tap-1:30-2:30pm FRS 	18 Zumba-10:45am St Irene Community Conversation 1:30 Understanding and Alleviating Pain, Hollis Rm Gleason Library Tai Chi-3:00pm St Irene	19 Yoga-9:30am Chair yoga 10:45am Art Matters-1:30pm St Irene	20 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am FRS followed by Jazz to Hip Hop, BP 11 KISS 7:30pm <i>First Day of Spring!</i>	21 Grocery Shopping -VC 9am SAMA -10:45am	22
23	24 Sr. Moments 9:30 Ferns , BP 10:00am Tap-1:30-2:30pm FRS	25 Zumba-10:45am St Irene Tai Chi-3:00pm St Irene	26 Nashoba Tech Qtrly breakfast—9:00am Yoga-9:30am Chair yoga 10:45am	27 Fitness - 9:45am Cardio - 10:45am	28 Grocery Shopping-VC 9am SAMA -10:45am	29
30	31 Tap-1:30-2:30pm FRS			NOTE: inside walking-M-F 6:45- 7:30am Carlisle Public School	See page 5 for more information.	



Say “Thank you” with your patronage
to the sponsors who support this
newsletter.

To find our sponsors,
visit SeekAndFind.com

The Inn at Robbins Brook



ASSISTED LIVING • MEMORY CARE
ACTIVE LIVING

Where We Treat You Like Family

10 Devon Drive, Acton, MA 01720

Call Today! 978-264-4666

THIS SPACE AVAILABLE

For information on
advertising,
please call Liturgical
Publications at
1-800-368-7010



Bathe Safely And Easily



Payments As Low As **\$150** Per Month*

America's Best Walk-In Baths Are Now More Affordable!

Don't miss this low cost way to enjoy a relaxing bath again, without the fear of slipping or falling. A luxurious, Walk-In Bath from Premier Care in Bathing offers you the ultimate in safety and ease of use. The walk-in door allows barrier-free access. The low threshold entry is easy on your legs. The optional bubbly Hydrovescent Therapy soothes away aches. If you or a loved one struggle taking a bath, independence and safety are only a phone call away.

- ▶ No More Fear of Slipping or Falling
- ▶ Premium Quality for High Performance
- ▶ Our Fully Licensed Installers Can Do Most Any Install, and in Most Cases in Just One to Two Days

SENIOR DISCOUNTS & FINANCING

Call Now Toll-Free for FREE Information Kit **1-800-655-8048**

www.GoToPremierBath.com
Promo Code 20141

*On approved credit. Limited time offer.

ROLLINS INSURANCE AGENCY

369-6883

Carlisle Center
Carlisle, MA

The Edwards Team

40 Year Carlisle Resident



Charity Edwards



Helen Edwards

We're here to help! We know this town!
We love this town!

Direct: 978-369-2336 • 508-397-2509

Office: 978-369-5775

SHOW YOUR SUPPORT

sponsor your
local newsletter

Call 800-732-8070



dish Make the Switch to DISH Today and
Save Up To 50%

Call Now and Ask How! **1-800-316-0283**

All offers require 24-month commitment and credit qualification. Call 7 days a week 8am - 11pm EST
Promo Code: MB0913 *Offer subject to change based on premium movie channel availability



DEE FUNERAL & CREMATION SERVICES

Caring for
Families
since 1868



978-369-2030

Susan M. Dee Charles W. Dee
www.deefuneralhome.com



open everyday from 6am to 9pm

978.369.0200

www.fernscountrystore.com

Leading Assisted Living & Alzheimer's Care in New Directions

CONCORD PARK

A VOLUNTEERS OF AMERICA SENIOR COMMUNITY

68 Commonwealth Ave, Concord MA, 01742 | 978.369.4728 | www.ConcordPark.net

**Town of Carlisle
66 Westford Street
Carlisle, MA 01741**

**Presorted Standard
US Postage Paid
Carlisle, MA 01741
Permit No. 1**

Return Service Requested



This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.
Special thanks to the Friends of the Carlisle Council on Aging and the Concord Carlisle Community Chest for their support of COA programs and their assistance over the years.

Health Events

The Friends of the Council on Aging and the Friends of Gleason Public Library are sponsoring a series of informative talks on important health issues this spring. Call (978) 369-4898 to reserve a seat for these free lectures. All lectures will be held at the Hollis Room of the Gleason Public Library.

Wednesday, April 2, 7:00pm

“Architecture” of a Normal Night’s Sleep with Neil Kruszkowski, director of Cardiopulmonary/Neurology/Sleep disorders at Emerson Hospital.

Wednesday, April 16, 1:30pm

How to Keep Your Heart Healthy with Dr. Lincoln Pinsky, board certified in Cardio Vascular Disease & Internal Medicine, most recently at Lowell General Hospital.

Wednesday, April 30, 7:00pm

The Relationship between Oral Health + General Health with Andrea Richman, DMD, past president of the Massachusetts Dental Society and General Dentistry practice in Carlisle.

Wednesday, May 21, 1:30pm

Understanding Osteoarthritis and Rheumatoid Arthritis with Dr. Alan Marks, board certified in Rheumatology and Internal Medicine and on staff at Emerson Hospital.

Art Matters presentations: The Italian Renaissance, Da Vinci & Picasso

Jane Blair of ArtMatters will present a series on the Italian Renaissance featuring Leonardo Da Vinci and Michelangelo. Wednesdays, 1:30pm, at St. Irene Church. This is free to the public.

March 5: The Italian Renaissance

After almost 1,000 years of "Dark Ages," they led the way for a "Rebirth" of learning, art and humanity. Join us for a look at their lives and work.

March 12: Leonardo Da Vinci

Da Vinci was also a scientist, a chemist, a mathematician, an engineer, a designer of military equipment and strategist, a sculptor, a concert level musician, and an inventor. Join us for a look into his works.

March 19: Pablo Picasso

Picasso was undeniably the most successful and influential artist of the 20th Century. Join us for a look at the man at the heart of modern art.

Call the Library at (978) 369-4898 to register.

Sponsored by the Friends of the COA Lee Milliken Fund and the Friends of the Gleason Public Library.